

# Individual Best Times (All Time)

Yuki Nowak - (1130615) - Wandsworth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.51	27.80	394	17/04/16	London Schools SA Championships	Crystal Palace	LR160201	1
100 Freestyle	1:01.89	1:00.50	434	09/05/15	London Region Summer Championships	London	LR150562	1
200 Freestyle	2:16.35	2:13.80	418	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
400 Freestyle	4:55.35	4:50.60	413	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
50 Butterfly	32.15	31.60	332	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
100 Butterfly	1:11.20	1:10.10	335	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Butterfly	2:46.99	2:45.10	288	21/02/15	Surrey Age Group Championships	Guildford	CC150302	1
50 Backstroke	36.35	35.80	271	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:18.21	1:17.20	287	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
200 Individual Medley	2:35.81	2:33.30	391	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
400 Individual Medley	5:36.19	5:30.90	375	04/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.40	27.20	445	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
100 Freestyle	1:00.00	1:01.40	417	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Freestyle	2:13.86	2:16.40	409	28/03/15	Chelsea & Westminster Club Championships	London	LR150708	3
400 Freestyle	4:58.76	5:03.40	358	25/10/14	Wandsworth Club Championships	Epsom	LR14491	4
1500 Freestyle	20:11.11	20:28.00	341	31/10/15	Wandsworth Club Championships 2015	Epsom	LR151829	4
50 Breaststroke	43.53	44.20	188	06/10/13	Cranleigh ASC October Open Meet	Cranleigh	SE3243	3
50 Butterfly	29.58	30.20	397	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
100 Butterfly	1:09.74	1:10.80	321	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Butterfly	2:35.90	2:37.90	321	24/01/16	Wandsworth Borough Surrey Qualifier 2016	London	LR160499	4
50 Backstroke	34.14	34.70	271	25/01/15	Wandsworth Borough Surrey Qualifier 2015	Dulwich	LR150501	4
100 Backstroke	1:11.75	1:12.90	305	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Backstroke	2:38.75	2:40.80	294	25/01/15	Wandsworth Borough Surrey Qualifier 2015	Dulwich	LR150501	4
200 Individual Medley	2:34.19	2:36.70	359	24/01/16	Wandsworth Borough Surrey Qualifier 2016	London	LR160499	4
400 Individual Medley	5:22.97	5:28.40	384	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Individual Medley	1:10.99	1:11.00	334	15/02/15	Surrey Age Group Championships	Guildford	CC150301	2